

Monday

Tuesday

Wednesday

Thursday

Friday

TurtleRock



1
Cheese Enchiladas
Sliced Avocado and Queso Fresco
Mexican Rice with Vegetables
Honeydew

2
Battered Fish Strips with Garlic Aioli Sauce
Barley Medley Pilaf
Kiwi

3
Basil Tortellini Pasta Bake
Rainbow Carrots
Garlic Knots
Peach

4
HAPPY 4th of July
School Closed

7
BLT Sandwich (Turkey Bacon, Lettuce & Tomatoes)
Sun Chips
Watermelon

8
Black Bean Taco Bowl with Steamed Rice, Corn, Avocado Slices and Homemade Taco Sauce
Tortilla Chips
Banana

9
Dino Chicken Nuggets
Tater Tots
Garden Salad
Orange Slices

10
Lemon Pasta Salad with Cucumber and Feta
Cheesy Texas Toast
Berry Salad

11
Orange Chicken
Cauliflower Rice
Honeydew

14
SunButter and Berry Preserves Sandwich
Zucchini Sticks with Ranch Dressing
Pineapple

15
Popcorn Chicken
Mashed Potatoes
Roasted Bell Peppers
Cutie

16
Soy-Rizo Quesadilla
Refried Beans
Cucumber Salad
Red Grapes

17
Ricotta Spinach Orzo Pasta with Turkey Meatballs
Garlic Bread
Grilled Cauliflower
Bosc Pear

18
Pizza Party! Rooms 7, 10 & 11
Flat Bread Cheese Pizza
Asian Pineapple Coleslaw
Peach

21
Turkey and Cucumber Green Goddess Wrap
Veggie Chips
Red Delicious Apple

22
Cold Pasta Salad with Vegetables (Bell Pepper, Broccoli, Cherry Tomatoes, Black Olives & Red Onions)
Garlic Breadstick
Papaya

23
Chicken Fajitas with Roasted Bell Peppers
Warm Corn Tortillas
Mexican Rice
Cantaloupe

24
Vegetarian Fried Rice
Vegetable Bao Bun
Banana

25
Pizza Party! Rooms 3 & 4
Turkey Meatball Pizza
Summer Spinach Salad
Watermelon

28
Breaded Fish Sandwich
Waffle Fries
Baby Carrots with Tahini Dressing
Pears

29
Chicken Empanadas with Shredded Lettuce
Avocado Salsa
Black Grapes

30
Creamy Alfredo Pasta
Steamed Broccoli
Garlic Knots
Pineapple

31
Turkey Lettuce Wrap
Miso Soup with Tofu
Honeydew



July Lunch Menu

Harvest of the Month
Cucumber

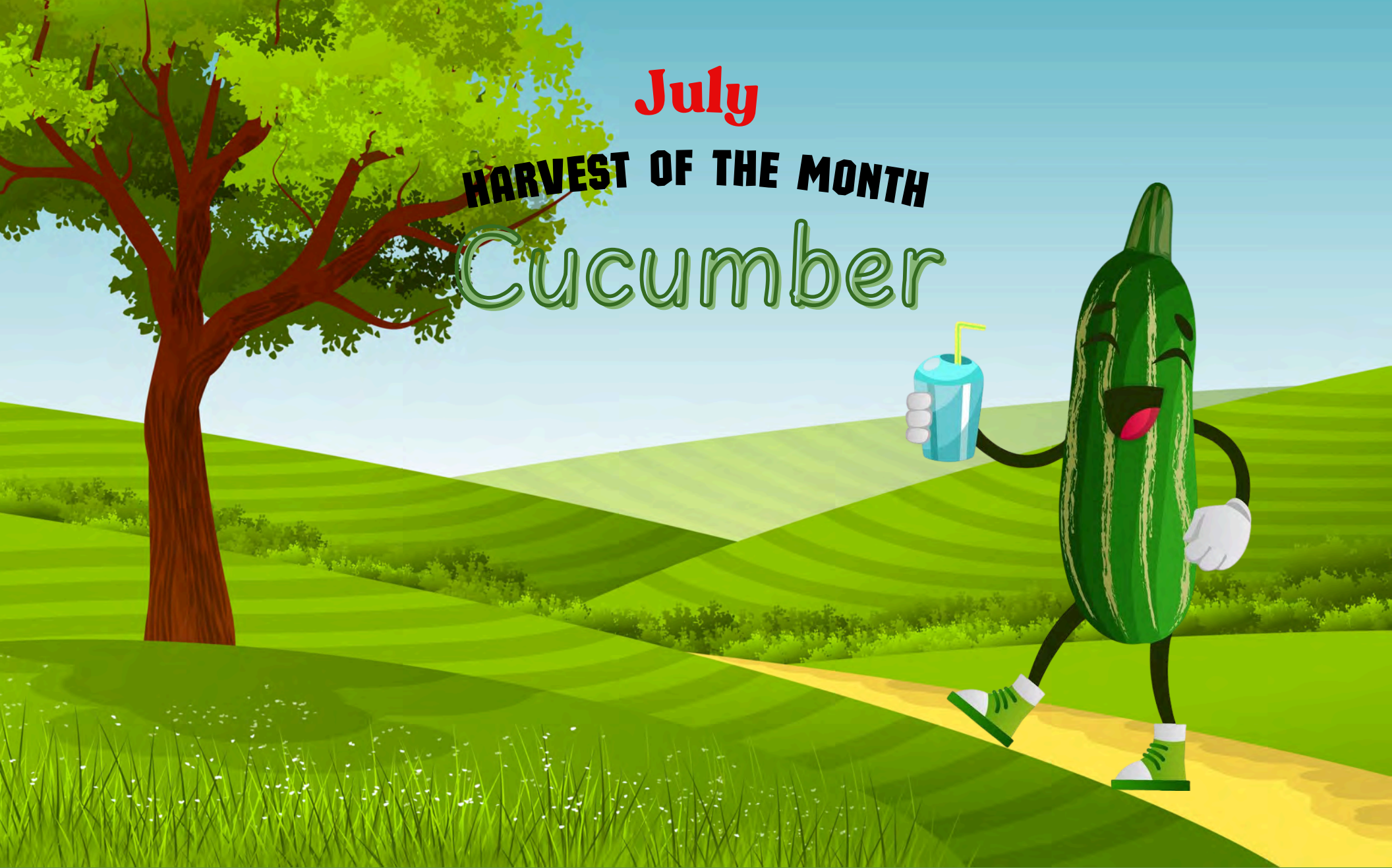


Cucumbers are packed with beneficial nutrients and antioxidants, making them a healthy addition to any diet. They are particularly known for their high-water content, which contributes to hydration, and their fiber content, which aids digestion.

Key
 Harvest of the Month
 Meatless



Five Dollars • Order via ProCare App by 10 AM



July

HARVEST OF THE MONTH

Cucumber



Cucumbers are packed with beneficial nutrients and antioxidants, making them a healthy addition to any diet. They are particularly known for their high-water content, which contributes to hydration, and their fiber content, which aids digestion.